



Issue 9

PUBLISHED BY THE NAF EL CENTRO PAO

May 2011

NAF EL CENTRO

SANDPAPER



Going Green at the Pearl of the Desert

Friday, April 22, 2011 was Earth Day, and the week preceding it was called Earth Week. NAFEC actively participated with a number of events. But some of us might not know that this celebration is over 40 years old. According to the website Earthday2011.org, Senator Gaylord Nelson (D-WI) founded the first Earth Day on April 22, 1970. This was an attempt to bring about a better understanding of the affect people have on the planet, and calling on everybody to take action to make positive environmental changes in their

community. Over 20 million people attended that first experience across the USA. Earth Week, as a seven-day long celebration, developed out of the enormous teach-ins established in Philadelphia and New York City.

Across the base, all hands were active in doing their part to effect positive change. Monday kicked off the commemoration with an Amnesty Day Turn-In for unauthorized Hazmat and a garden planting at the CDC. On Tuesday, folks participated in a 1.5 mile Fun Run/Walk while the children planted flowers and trees donated by AOC. People were encouraged to bike or carpool to work on Wednesday. Additionally, our youth competed in a coloring contest. The winners were Maurice Walker, Conner Dee and Yuritzi Crawford. Finally, the capstone of the week was the Base Beautification Service Project and the Environmental Sustainability Fair. A huge crowd, the largest in recent history, turned out to pick up trash and put a shine on the Pearl of the Desert. Afterwards, all hands broke bread together in a picnic party hosted by the fine men and women of MWR. Many thanks go out to Kim Lineses and the hardworking staff of the Environmental Department for putting all of this together. Perhaps we can keep the ball rolling and make everyday an Earth Day!❖

Article by ETC Haugh

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WWW.FACEBOOK.COM/NAFEC

F-14 and POW/MIA Memorial Dedication

What started as a fanciful thought nearly three years ago has become a reality thanks to the hard work of many dedicated people. As many of you may have already noticed, there is a large airplane parked in front of the Mirage Club. Why is that? Two years ago NAFEC received an F-14 for static display. The Command Master Chief, Ted Gallinat, spearheaded its restoration with the assistance of several of our Shipmates at Strike, Administration, Operations, AOC and Security. Then, about a year ago, a tombstone was located in a back lot on base. This tombstone commemorated the life of VF-114, the Fighting Aardvarks. Put one and one together and you get a really great looking static display.

The POW/MIA memorial came about as last year's event coordinator, DCC(SW) Hisel attempted to improve the ceremony. What started out as a sketch on a napkin has morphed into the beautiful display being built on the Chapel grounds.

On 31 May, 2011 both exhibits will be dedicated and opened to the public. The ceremony will start at 1100 at the POW/MIA site. It will then transition to the Mirage Club. Our guest speaker will be CDR Jim Bedinger. He has the distinction of flying for the Aardvarks as well as being a POW during the Vietnam War. It is our sincere hope you will come out and join us for the occasion. ❖



To commemorate both the F-14 and POW/MIA memorial dedication, the NAFEC CPO Mess has contracted to have a special coin minted.

These coins will be sold at the event for \$10.00



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RECENT EVENTS:

Hails: LT Smith
 A01 Hayes
 AM1 Lehman
 A02 Araya
 A02 Wheelwright
 AM3 Johnson
 HM3 Ducut
 ADAN Chase
 MASR Blair

Farewells: CDR Robinette
 MA1 Wakefield
 MA1 White
 AT2 Korb
 AT2 Lauderdale
 MA2 Wilkins
 HM3 Martinez
 AOAN Martinezsandoval

Reenlistments: ITCS McAlister

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAY	9	4	1090	64
JUNE	4	3	279	12

NATIONAL DAY OF PRAYER 05 MAY 2011



The Chaplain would like to thank everyone who helped make this year's National Day of Prayer Breakfast a success. There were 31 adults and children present to pray together for our world, our nation, and our military. After an opening Invocation, the XO delivered the opening remarks. ITCS McAlister followed by reading President Obama's 2011 Proclamation. Afterwards, Chaplain Smith talked about the "Problems with Prayer," some of the difficulties people may face when praying. Dante Dinelli, Joe Conner, and ETC Haugh finished up the morning event with various prayers. At 1130, a small lunch discussion and prayer time took place at the Community Center. Furthermore, the Chapel was open all day long for people to stop by and take a few minutes for personal prayer or meditation. Once again, thanks to everybody for making this a great day. ❖



YARD SALE 12 MAY

0900-1300

YARD SALE
BEHIND NEX

PRE-REGISTER AT
OUTDOOR REC

CPO MESS WILL BE
SELLING FOOD AND
BEVERAGES

GRAB YOUR STUFF AND
COME ON OUT!!

On May 6, 2011, The Federal Fire Department El Centro placed into service its new **2010 Pierce Contender** fire engine. The department received its new engine on December 27, 2010, and has spent that last several months performing acceptance tests and training on the new engine prior to placing it in service.

The new truck carries a crew of 4 firefighters/EMTs, 750gals of water, 70gals of AFFF foam, an assortment of ladders and over 2500ft. of fire fighting hose. The new engine will allow The Federal Fire Department to provide the highest level of service and safety, to our Navy Family, and the community it serves.

Anyone wishing a tour of the Fire House, or a demonstration of the new engine, is asked to call the Fire Chief at 760-339-2251 to schedule a visit.

Article by Fire Chief Jose Oropeza



COMMAND MASTER CHIEF



Team NAF El Centro,

The news this week involving events half a world away sent shock waves around the world. This news was important not just to Americans.

I hardly need to remind you that our nation is still at war, and the fight against terrorism continues. It is imperative that we all remain diligent in our duty. Our vigilance is the price of freedom!

I urge you to be patient and cooperative as we experience some of the more minor inconveniences related to parking and Base access during this time.

Speaking of readiness, the spring PFA begins today. Maintaining physical health is ultimately the responsibility of each individual Sailor. Your good health and good PFA scores are critical for our mission – and your advancement and evaluations.

Warmer weather isn't the only indication of impending summer – the Big pool with the water slide will open for weekends (Saturday and Sunday) only during the month of May starting tomorrow. Then a grand opening for the summer season will be held on the 28th of May.

We have some community commitments coming up on Memorial Day. I encourage you to contact the Chiefs to let them know that you want to take part in these events. On the 31st of May we will dedicate our new POW/MIA Memorial and the F-14 Fighting Aardvark Tomcat starting at 1100. I know you'll want to be a part of these special ceremonies.

Lastly, I want to give a big "Shout Out" to Mr. Ralph Ramsey for his 56 years of service to our great country! When you see Mr. Ramsey around the Base, I hope that you will extend your "Thank You" for his dedicated service. ❖

Thank you for all you do!

CMC



2012 Quota-Based Enlisted Retention Board

NAVAMDIN 129/11 announces the fiscal year 2012 Quota-Based Enlisted Retention Board. Retention is at an all time high and attrition across the Navy is the lowest it has been in many years. This has resulted in a requirement to rebalance the Force. The purpose of the board is to reduce manning levels and rebalance the overmanned ratings. Rebalancing the manning in these ratings will improve advancement opportunities and give more sailors the ability to reenlist via quotas in PTS. The board will examine 16,000 sailors and approximately 3,000 will not be retained on active duty. Personnel eligible are paygrades E4- E8 with at least 7 years of active service and with less than 15 years of active service. Personnel must have an EAOS (end of obligated service) of 1 October 2012 or later and be in the below ratings:

ABF, AD, AE, AG, AM, AS, AT, AWF, AWR, AWV, AZ, BU, CE, CM, EA, EM(SURF), EO, ET(SURF), FC(NON-AEGIS), GSE, MM(SURF), MN, MR, OS, PR, PS, RP, SH, STG, SW, and UT

The list below provides some guidance on basic performance standards being considered but is not all inclusive:

- 1) Substandard performance of duty
- 2) Declining performance
- 3) Detachment for cause
- 4) Removal of security clearance when required by rating
- 5) Military or civilian convictions or NJP
- 6) Administrative or personnel action or misconduct such as DUI, DWI, spouse or child abuse.

Sailors are encouraged to convert to undermanned ratings prior to the board. There are some eligible exceptions. The boards will convene in August and September and the results will be released by November to Commanding Officers. For further questions or clarification please see your Command Career Counselors. ❖





DEFY 2011-2012 RECRUITMENT

NAF El Centro is on the verge of completing another great year of DEFY. DEFY has been running now for 18 years, and NAF El Centro has been participating in the program for 15 of those years. We are now accepting applications for youth, junior mentors, and staff for the upcoming 2011-2012 DEFY year. Please contact either AM2

UPCOMING DEFY EVENTS

Saturday, May 7th

Lesson: N/A

Activity: San Diego Balboa Park-
Ruben H. Fleet Science Center and Air
& Space Museum

Time: TBD

Saturday, June 4th

DEFY Graduation

Activity: TBD

Westenbarger or AC2 Danny Richardson to enroll your child or sign up to help. DEFY is open to military dependants, DoD dependants, or dependant of any personnel currently working at NAF El Centro (must have base access). DEFY consists of a two phases. Phase 1 is a five day summer camp, and phase 2 is once a month meetings throughout the school year. The youth not only will enjoy themselves, but they'll get the opportunity to meet new friends and learn valuable life lessons along the way. ❖

Story by: AM2 Anthony Westenbarger

Contact Information: <http://www.public.navy.mil/bupers-npc/support/nadap/Pages/DEFY.aspx>

Program Manager: AM2(AW)Anthony Westenbarger

Email: Anthony.westenbarger@navy.mil

Phone: (760)339-2655/2665

Camp Director: AC2(AW)Danny Richardson

Email: danny.richardson@navy.mil

Phone: (760)339-2601/2507



Hometown Hero



Apr 3rd, 2011

(Reuters) - Naval Air Crewmen 2nd Class Conrad Jutras observes the Japanese coastline while conducting search and rescue operations on board an SH-60B Sea Hawk helicopter, assigned to the Warlords of Helicopter Anti-Submarine Squadron Light (HSL) 51. Conrad Jutras is the son of Joanne and Juice Jutras. He Graduated from Central Union HS in June of 2005. During the summer he worked at NAF El Centro as a lifeguard at the pool. He enlisted in the Navy in 2006.

Picture by MC3 Charles Oki.



Date Night

with ABFC(Ret.) Marc Willis

----- A Movie Review -----

Source Code:

Players: Jake Gyllenhaal, Michelle Monaghan, Vera Farmiga, Jeffrey Wright

Genres: Mystery, Action, Sci-Fi, Thriller

The Source Code's promos, while appealing just didn't merit enough interest to overtake my desire to see *Battle: LA* or *Limitless* prior to. Finally after putting this movie on the back-burner the wife and I purchased the tickets, buttered the popcorn and copped our seats. I also had a hotdog with mustard for the record.

The opening clip presents the audience a beautiful spring day backdrop sensationalized with a glide over serene landscapes of Chicago. Being Chicagoans, this immediately brought smiles to our face and desires to return home, "just to visit", the wife reiterated. Abruptly Captain Colter Stevens/Sean Fentress (Jake Gyllenhaal) awakes in a panic while strapped into a seat in what appears to be a capsule. Unable to free himself he's confronted by Captain Colleen Goodwin (Vera Farmiga) via a monitor who painstakingly re-establishes his memory and mission. Captain Stevens mission; find the bomber within eight minutes!

Okay eight minutes turns into an hour and a half due to the fact of Captain Stevens or should I say Sean being unsuccessful on more than one occasion. As with any military drill or exercise, repetition equals efficiency. Each failed mission brought enlightenment to an exceptional storyline as Captain Stevens morphed into Sean Fentress. There is humor in this film as Sean is determined to complete his mission *by hook or by crook* to include force, deceit and charm. Ultimately Sean uncovered the bomber, saved Chicago, found new love and life to the surprise and delight of Captain Goodwin.

Each eight minute "segment" of this film was packed full with every genre listed on the promotional ads. The mixture of mystery and sci-fi made this flick one amazing thriller. With that being said, I rate this film four anchors out of five. ❖



Fast Five:

Players: Vin Diesel, Paul Walker, Dwayne "The Rock" Johnson, Jordana Brewster, Tyrese Gibson, Chris "Ludacris" Bridges, Matt Schulze

Genres: Action, Drama

Okay you Fast and Furious fanatics, I did this for you. I went to the early show to beat the viewing crowd of this much anticipated release. Understand when I say early I mean early, say 12 am RELEASE DAY early, yup, just me the wife and 250 of our closest friends. No hotdogs for me that night, oops, I mean that morning; coffee anyone? Needless to say 10 minutes in I no longer needed coffee I needed an oxygen mask!

Fast Five picks up exactly where Fast & Furious left off, the attempt of a high speed high risk prison break that starts things off with a bang. And bang is what this film has plus some; comparable to our most recent air show's wall of fire. Writers Chris Morgan and Gary Scott Thompson supplied director Justin Lin an amazing storyline to work with and he conveyed their story well.

The assembly of the series characters just short of Twinkie (Bow Wow) was ingenious. This representation brought the various *flavors* of each film and skill set of each character together for one gigantic alliance that played out well onscreen. The addition of the no frills, strictly business, Special Agent Hobbs (Dwayne Johnson) actually brings to question

Dom and crew's survivability.

So, naturally, the anticipated showdown between Dom and Hobbs had to happen....right? It's only natural? I'm not going to be a spoiler.

Each film has been an evolution and Fast Five is the culmination, the zenith of that evolution. Whereas The Fast and the Furious was centered on the *cars* people displayed their skills in Fast Five is centered on the *people's* skill displayed in cars. With that being said, I rate this film four and a half anchors out of five. ❖

CLASSIFIEDS

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WANTED

FOR SALE!! 93 gallon Saltwater or Marine Aquarium that I would like to sell for \$650.00

Fish Tank Full Setup Saltwater			Original Value was	
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AquaClear Powerhead	\$90	Works Great (2 Years Old) Air Supply Hose Worn		
Thermometer	\$5	(8 Months Old)		
Digital Surge Protect	\$35	4 Outlets Fulltime / 2 Outlets Night / 2 Outlets		
2 Small Power Heads	\$30	(6 Months Old)		
Heater	\$80	Works Great (2 Years Old)		
HGI & Compact Lighting Sy	\$250	HGI needs new ballast but the two T5 bulbs work Great		
Ship Decor	\$100	Great Hiding Places		
White Substrate	\$10	Mixed with Black Sand		
Total Retail Cost	\$1,990			
Living Items				Call Bill Brown at
Item	Retail Cost	Remarks		760 339-2643
Live Rock (Fiji)	\$120	Teaming with Life Coral,Algae & Coral (Worth More Now)		
Live Sand (Black)	\$175	Teaming with life		
Brown Powder Tang	\$40	12 Months old		
Yellow Tang	\$40	1 Year old		
Donimo Damself	\$6	2 years Old		
Yellow Damself	\$6	1 Year Old		
Chocolate Chip Star Fish	\$6	12 Months old		
Sea Cucumber	\$13	6 Months Old		
Total Retail Cost	\$610			
Grand Total	\$2,600			

FREE SERVICES: Would you like to be more prepared if a disaster, natural or manmade were to occur? You can be prepared for the unexpected. Join the Imperial Valley Ready Group to get items such as 72 Hour Kits, food storage and emergency items. For more information email LT Marcie Wilde at marcie@wildeforce.com.

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CONTACT W ELCN PAO SANDPAPER@NAVY.MIL

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Imperial County Film Commission

The Imperial County Film Commission announced that the feature film, "That Evening Sun," will be opening the Inaugural Imperial Valley Film Festival and Artist Showcase. Also, locally cultivated artists, Daniel Gibson and Ernesto Yerena Montejano, have agreed to be two of the featured artists at the inaugural Artist Showcase event held in conjunction with the Film Festival.

Friday May 6, 2011 is the opening night of the Inaugural Imperial Valley Film Festival. The Film Festival and Artist Showcase will take place on Saturday, May 7, 2011 at 'The Venue On Main' facility located at 601 Main Street in El Centro. Details regarding film screening times, filmmaker Q&A sessions, artist workshop opportunities and locations for these events will be announced closer to the event date. For up-to-date information regarding all screening and event activities, please see the Film Commission website at www.FilmImperialCounty.com.

Article Compiled by Pat Caro

JOB POSTINGS

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JOB Links for Employment

- Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>
- Federal Jobs: <http://www.usajobs.gov>
- DoD Jobs: <http://www.militaryconnection.com/dod.asp>
- Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>
- Imperial County Jobs: <http://imperialcountyjobs.org/>
- Energy Conservation: <http://www.tetrattech.com>
- HOUSING/ Contract ALUTIIQ: <http://www.alutiiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://www.mwrtday.com/>
- NMCI: <http://h10134.www1.hp.com/services/>



THE DESERT BEAT

BY MA3 SHAWN PRIESTLEY

The Security Department has increased in size recently as it prepares new patrolmen to replace the ones transferring to new commands soon. In May Security will lose MA3 O'Brien, MA3 Earl and MASN Millis to Bahrain where they will join MA1 Wakefield. MA1 Wakefield was the Security LPO until last month when the position was taken over by MA1 Fernandez. More are due to leave in the coming months and to compensate Security has acquired a significant number of new MA's that are currently being trained and qualified to take over the duties of the outgoing personnel. Such training includes base familiarization for better response times to calls as well as actions and knowledge required when responding to calls and alarms. No new information is available for the Pass and ID building at the front gate. For now, until further notice, base personnel are asked to continue coming to the security building for base access needs. ❖

NAF EL CENTRO SOQ JSOQ and BJOQ

AC2 Sanchez, Gaylla Finnell, AC1 Thompson, AOAN Moseley



STRIKE SOQ JSOQ and BJOQ

AT3 Romero, Gaylla Finnell, AT2 Xangsayasanx, YN1 Haffey



Relay for Life

For 24 four hours three teams from NAF El Centro ran, walked, strolled and moseyed around Southwest High School's track in support of the 2011 El Centro Relay for Life. This national event is the American Cancer Society's primary community fundraiser. This year El Centro crushed the communities of Brawly and Calexico by raising more than \$105K in donations. The NAFEC team was lead by MA1 Wakefield and Linda Graham. AOC's team was lead by Robert Carlos and SFWMUP succeeded due to MA2 Blount's leadership. The guys and girls of STRIKE really out did themselves in the campsite decorating contest. They won first place in that event. Furthermore they won third place in the spirit competition. More than 40 Sailors, Civilians and Contractors came out in support of the base's efforts to support their local community. If you are interested in learning more about Relay for Life and next year's event, contact the above team captains. Although MA1 has transferred Megamind, or MASA Reckman, as some of us know him is taking over for that team. ❖

Article by ETC Haugh



EL Centro's Annual Children's Fair & Earth Day Celebration

On Saturday, April 30th, El Centro celebrated its annual Children's Fair & Earth Day celebration. The event consisted of numerous information booths focusing on recycling and ways to better preserve the environment, face painting for the kids, arts and crafts projects, live music, great food, characters such as Dora the Explorer and Oscar the Grouch, pets for adoption, a haystack maze, a train ride, and an impressive fire truck display from all fire departments in the Imperial Valley, including NAF El Centro. NAFEC Fire Department sent one of its fire trucks along with four of its fire fighters, Captain Earl Hutchinson, Engineer Robert Heine, Fire Fighters Andrew Loper and Ryan Beeman, to help support this entertaining evolution. Overall, the day was filled with lots of fun, mixed with great weather equaling a highly successful occasion. ❖



Coming Events:

May 08

Mother's Day Brunch
Mirage Club
Starts 1030-1300

May 10

America's Kids Run
Inside Sports Center
Starts 1530

May 14

Imperial Valley Arts Festival
Corner of 6th and Main Street
Starts 1000-1600

May 15

25th Original Bay Bridge Run/Walk
Coronado Bay Bridge
Starts 0800

May 18

Reach Air Medical Open House
Imperial Airport
Starts 1600-2000

May 25

Asian/Pacific Islander Celebration
Base Theater
Starts 1100

May 31

F-14 and POW/MIA Memorial Dedication
Base Chapel POW/MIA Display
Starts 1100

JULY 16

El Centro day at the Ball Park
PETCO Park, San Diego
Starts 1730

Women's History Month Celebration:

Celebrating Women in Aviation

By: PSSN Meráz, Marques L.

On April 1st, 2011 NAF El Centro commemorated the contributions that women have made to aviation at the base theatre. The afternoon was filled with fun, food, and very informative presentations. The guest speaker for the event was LT Nadine Henley. LT Henley was able to provide her very unique insight as a Navy Flight Surgeon. Her presentation included a brief history on women in aviation and the military, as well as what all goes into becoming a flight surgeon. LT Henley concluded by showing videos from a class in Pensacola, demonstrating the training that she went through.

Afterwards, Ms. Eden Castro wrapped up the festivities with a bit of trivia and prizes. If you were to ask any of the attendees they would all say virtually the same thing; this was a very fun and informative event to celebrate the contributions of women in aviation, We are glad that the base took the time to showcase those contributions.

Women's History Celebration Committee Members:

NC1 JONES, MARC
MASNFERGUSON, MERCEDES
MASN CONNELL, SHANA
EDEN CASTRO

PSSN MERÁZ, MARQUES
SHERRILYNN SANDS
MASN NUUSOLIA, DARLENE
MA2 POWELL, PHILLIP



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The Wellspring - Chapel News

"Big Things Come In Small Packages." There's a lot of wisdom in that little phrase. We've adopted that same thinking right now for our Protestant worship services. Let's be honest. These services have not been well attended in the past. On the one hand, there's nothing wrong with that. We're a small base and that can be expected. And from a certain perspective, as long as God is in attendance, it doesn't matter if there are one or one thousand others who show up besides. God can and does do big things in and through a small congregation. On the other hand, there's certainly nothing wrong with growth. We don't want to make excuses not to reach out where we can. There are some very good churches in our area and we want to encourage participation as much as possible as these meet the needs of our base personnel and their families. But the Protestant chapel service may be an important resource as well. If that's the case for you, we want to invite you to come and be a part of the big things that we believe God is already doing here.

"Geography of the Soul." If I pulled out a map and asked you to pinpoint all of places where you've lived and visited in your life and asked others to do the same, the chances are pretty good that we'd see similarities in the locations where we've been or are soon to go. Such is the case in our physical travels. And such is the case in our spiritual journey as well. It seems God has certain "places" He takes each one of us and has certain purposes in mind for us when we get there. For that reason, I would like to invite you to join us for our new preaching series at the Protestant chapel entitled, "Geography of the Soul: Our Journey with God". This 6-8 week series will begin Sunday, May 1. Some of the places we'll "visit" together will include...

- **The Wilderness—A Place of Testing**
- **Bethany—A Place for Mourning**
- **New Jerusalem—A Place to Call Home**
- **Gethsemane—A Place of Submission**
- **Sea of Galilee—A Place for Peace**

--Chaplain Smith



Schedule of Events:

- Adult Bible Study--All adults are invited to join us each Thursday from 1130-1230 at the Community Center (bldg. 364). Bring a lunch and pull up a chair as we continue our study in 1 Corinthians 7. The group is currently led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro.
- Protestant Worship Service—Sunday @ 0900
- Catholic Worship Service—Sunday @ 1630

Desert Living

The detailer seemed almost apologetic when he told me where my first duty station would be as a brand new Navy chaplain. "Where's NAF El Centro?" I asked. I'm guessing it wasn't the first time he had to answer that question.

And it wasn't long before I found myself answering that very question as my wife and I prepared for our move here. I noticed immediately that I received one of two responses from active duty Navy personnel—some with more than 20 years experience—who would ask where we were headed. "Where's NAF El Centro?" they would ask with a bit of suspicion in their voice, almost certain that I must be mistaken that such a place exists. Or I would hear "Oh!" with the same kind of voice inflexion that you might hear from someone who has just received bad news from the doctor. Needless to say, I expected the worst.

Since I've arrived at NAF El Centro, I've been asked several times, "How do you like it here?" I can honestly say that I love it! I'm sure I'll have difficult days ahead, especially when the thermometer tops out around 120 degrees! But even then I'll be certain that God sent me here—if for no other reason than the fact that God always sends His people to the desert at one time or another. Sometimes the desert is physical. Sometimes the desert is spiritual. And sometimes it's both at the same time.

Silent, solitary, searing, isolated, and lacking resources—desert living of any kind is hard. Spiritually, it's the place in life where we feel the most alone, where God is most silent, when the heat of temptation is the hottest, and where the resources we value most seem to be at their lowest. In the desert places of our lives, it can seem as if God has deserted us. But nothing could be further from the truth. The desert is never meant to be our final destination with God. It's part of the journey. It isn't home.

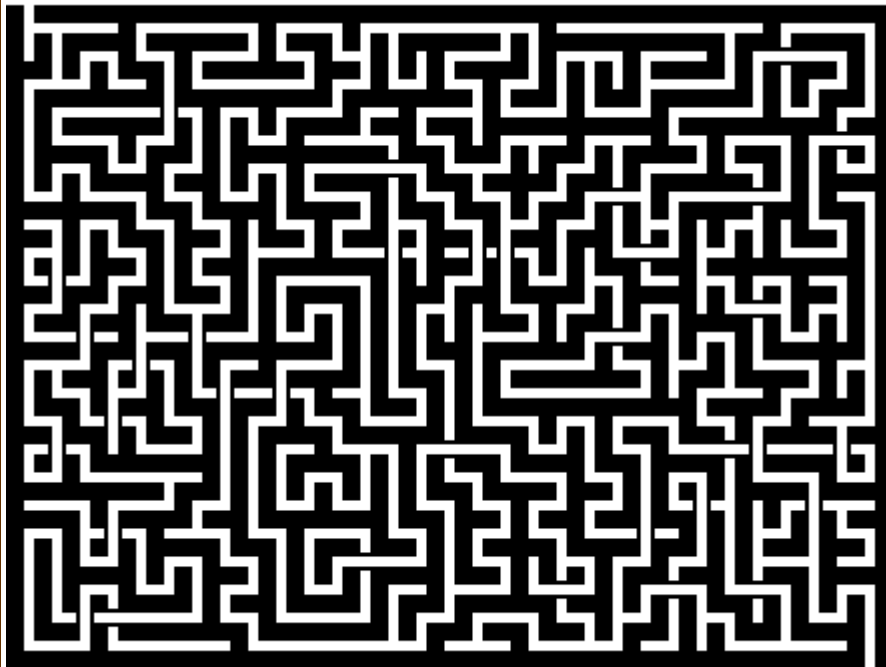
Has the desert of NAF El Centro been a spiritually dry and difficult place for you? If so, I'm sure you're not alone. I'm sure it will be for me at times as well. But let's trust that it isn't by accident that we find ourselves here. When God turns up the heat in our life, it isn't to cause us to wither away to nothing, but an opportunity to allow us to learn to grow, flourish, and blossom in the difficult circumstances of life—and to bring that life to others around us.

If someone in the future asks you, "Where's NAF El Centro?" I hope I can join you in answering, "Right where God wanted me".

--Chaplain Smith

KID ZONE

Happy Mother's Day!



Treasure Hunt:

Can you find the Treasure?

Somewhere hidden in this Issue of the Sandpaper is a small version of this treasure chest image.



See if you can find the treasure!

Exotic Thai Restaurant Review

by AT3 Perkins

I would like to express to all of the readers out there that I had every intention of writing a stellar review of Exotic Thai. I wanted to bring attention to a restaurant that I thought had great ambiance and food. I would say, "This restaurant is so good! Why aren't there more people here?" After taking a more critical look at the restaurant I know why.

I'll start with the good points. This restaurant is beautiful! Exotic Thai was decorated by a local artist in the area. The colors are warm and relaxing. My favorite thing about the restaurant visually is the green wooden planks on the ceiling. It's a very nice touch that I didn't even notice originally. I like the art on the walls as well. The soft jazz music also assists in the overall relaxing vibe.

Overall, the food is good. If you try this restaurant, do not be alarmed by the serving spoons you get with your meal. The food at Exotic Thai is meant to be shared. I chose Thai Tea as my beverage, which was very tasty. It reminded me of Kahlua, sweet and milky. I tried two entrees; Pad Thai and Yellow Curry. I thought the Yellow Curry was fantastic! It had a hint of sweetness and just enough heat. It was a little spicy but not uncomfortably so. Unfortunately, I was not as fond of the Pad Thai. I thought that the Pad Thai was way too sweet. I have tried many other dishes at this restaurant on other occasions and can say that the food is generally very good.



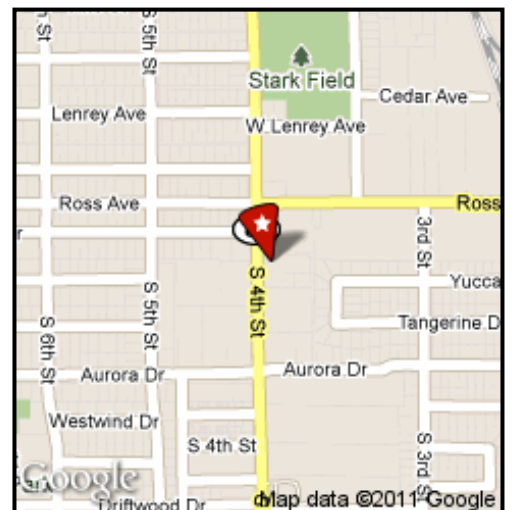
There are two bad points that I must mention. I believe these issues are keeping the restaurant from being fantastic! First, the food is a bit expensive. The price range for all food including the appetizers is from \$9-\$21. The food is good but not that good! Second point is the service. The waitress was very friendly but I waited 30 minutes to get my meal from the time I walked in the restaurant to the time I received my meal. That is too long as far as I'm concerned.

The owners are a married couple. The cook, Joseph Rumajhn is a professional chef that studied at a culinary institute in Hong Kong. This restaurant is actually a small chain. The restaurateur was a friend who talked him into working with her.

I asked the owners what keeps people from coming to their restaurant. Terri Rumjahn told me, "People are afraid of Thai food. They think it's all too spicy. What people don't know is that we can adjust the level of spice we put in the food."

Terri also explained that people don't know what to order when they get there. She recommends trying their weekend buffet first so that you can try many different types of food.

Exotic Thai is located at 1461 S. 4th street, an easy find. My final advice about dining at this restaurant is to give it a try, but be prepared to wait for your somewhat expensive food.❖



The face of prayer has changed. The need for prayer has not.

GOD BLESS AMERICA

Blessed is the nation whose God is the LORD...



The NAFEC Command Channel



Channel Three is back! Many thanks go to Dave Golding and N6 for all their hard work to make it happen.

The format for this channel is Power Point. This is a good way to get information out to people, as anyone who has cable has access to it, including the transient barracks.

Please send a Power Point slide of any information that you would like added to the Command Channel to the PAO, Michelle Dee. Because of the nature of the system, her office will update it weekly, every Friday. Submissions are due by noon on Friday.

This will also be the Channel to tune to in case of emergencies or something happening on base. ❖

Local History by Two Old Goats

A few months ago, the Two Old Goats asked the question "Who were the sports fields on base, Kear and Mordan, named after?" After extensive research they found two knowledgeable people on base to answer the question. According to Vickie Heine and Ed Cooney of Public Works the fields were named for people who worked on the base. "Jerry Kear, the man the field was named after, worked for Public Works as the Facilities Manager. He and a few other employees converted the field from a Little League regulation field to an ASA regulation field. Jerry Kear, Mark Leemaster, PWO at the time, and Gary Hatfield physically did the work using their own equipment. The MWR director during the late 80's, when this field was made, decided the name of the field. As for MORDAN FIELD, the CO at the time - early 80's, supported POP Warner Football. So Mordan, the Facilities Manager at the time, built the football field and irrigation system."

Once again, it just goes to show that our base has a unique and diverse history. Documenting this history helps us maintain a sense of heritage and understanding. Right now the Two Old Goats are unraveling a mystery off base, can you say Mexican Fort? If you have an idea or a historical question you want these intrepid hounds of history to handle, send us an e-mail. We will forward this to them and let these super sleuths figure it out. ❖

A HIDDEN GEM

by MA3 Shawn Priestley

Few people know and even fewer go visit the hidden gem we have here in the Pearl of the Desert. The Navy Thrift Store, located just north of building 214 right next the flagpole, isn't open a majority of the week. However, if you go on Tuesdays and Thursdays between the hours of 0900 and 1200 you will find inside a treasure chest of items ranging from children's books and toys to clothing and uniform items. There's even a room filled with holiday decorations and VHS tapes for those who can't bring themselves to throw out a working VCR. If for no other reason one should look through the selection of used books that I believe would keep an avid reader coming back weekly. All proceeds from the store go to helping with El Centro events such as the Navy Ball. Donations can be made to the drop-box in front of the store after hours. With everything the store has to offer you won't leave without something you need or wanted and your purchase will help fund an on-base event that you can attend in the future. ❖

WHAT WAS GOING ON...

May, 1973 - NAFEC Sandpaper

Computerized TV-Monitor Assists Pilots In Air-to-Ground Target Practice at NAF El Centro.

Gasoline shortage may affect cost hike at NEX.

Plans for National Test Range at NAF agreed to by Asst Navy Secretary.

NARF's C-47J Plane Retired after 24 years, 12,750 flight hours.



NAFEC Command Picnic



It was a day of fun and full of events at this year's NAFEC Command Picnic, hosted by MWR.

0900 CYP Parade to celebrate the month of the military child

0930 Environmental cleaned things up with an all hands Base Beautification project.

1100 Young Bloods vs. Old Fogies basketball game

1200 Food, music and fun!

1400 Water Trike races began at the large pool.

Congratulations to the Mele Family, winners of four tickets to the San Diego Wild Animal Park. ❖



MEDICAL CORNER

What's Up, Navy Doc?

"The Sun: Friend or Foe?"

By: Nadine Henley, LT, MC(FS), USN

Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact LT Laura Anderson at (760) 339-2674.

Once again, temperatures are exceeding 80 degrees. It's a time to be outside, BBQing, gardening, playing, getting involved in a pick-up softball game, or going for a run. Or maybe you work outside most of the day. While it might seem like all fun and games, there is a very serious health risk when temperatures get as hot as El Centro does during the summer. Every year, thousands of people experience heat-related illnesses, like heat stroke and heat exhaustion. Risk factors for heat-related illnesses include high temperature, direct sun exposure, no breeze or wind, low fluid intake and heavy physical labor.

Heat Exhaustion happens when the body heats up after work, play or exercise but the body's internal temperature never exceeds 104 F.

Signs of Heat Exhaustion:

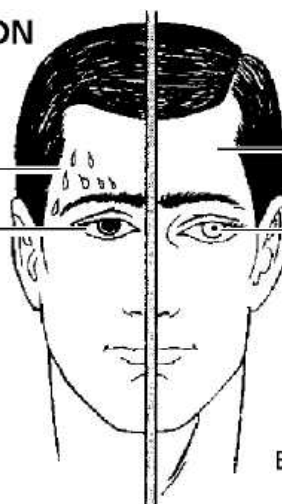
- Profuse sweating
- Feeling nauseated
- Skin feels clammy (cool and moist)
- Muscle cramps
- Person "doesn't feel well"

What to do?

- Get to a shaded or air-conditioned place, lie down and loosen clothing.
- Rehydrate with water and drinks with electrolytes (sports drinks like Gatorade). If the person is less than 13 years old, give Pedialyte for rehydration.
- Elevate legs higher than the heart.
- Do not give aspirin or acetaminophen (Tylenol) for fever.
- Apply cool towels and use a fan to cool the person.

HEAT EXHAUSTION

1. MOIST & CLAMMY SKIN
2. PUPILS DILATED
3. NORMAL OR SUBNORMAL TEMPERATURE



HEAT STROKE

1. DRY HOT SKIN
2. PUPILS CONSTRICTED
3. VERY HIGH BODY TEMPERATURE

BMRf1416

Heat Stroke is a life-threatening medical condition. The brain normally sends out signals to cool the body; however, with heat stroke, the brain stops working appropriately and the body heats up inside, potentially causing brain damage.

Signs of Heat Stroke:

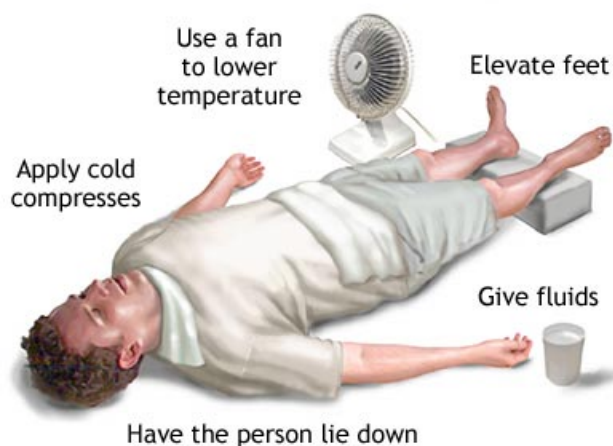
- Elevated body temperature (up to 105 F)
- Changes in mental state (confusion, delirium or disorientation)
- Rapid heartbeat and breathing
- No sweating (skin is hot and dry)
- Headache, dizziness and nausea
- Fainting

What to do?

- Move into air-conditioned or shady space.
- Cover person with damp sheets or cool water, put icepacks under their armpits or under their neck.
- Drink cool beverages (no caffeine or alcohol).
- Call 911 or base security for immediate medical attention.

Prevention:

- Schedule frequent break periods with water intake in a shaded or air-conditioned area.
- Avoid caffeine and alcoholic beverages.
- Wear lightweight, light-colored and loose-fitting clothing.
- Watch out for your family members and coworkers, especially if they are less than 10 years old or older than 60 years old. Those age groups are at the highest risk for developing a heat-related illness.



ADAM.

Enjoy this nice weather but take necessary precautions. Keep yourself, your family and your fellow shipmate's safe in the heat. ❖

BOOK REVIEW

Thud Ridge – Colonel Jack Broughton

Review by LCDR Stokes

You may be asking yourself why a Navy guy is writing a review of a 40-year-old book about the Air Force. Well, I've always had a secret obsession with military aviation history of all sorts. While doing some online research online for a model airplane I recently purchased, I stumbled across references to this book. It seemed interesting, so I ordered a used copy from Amazon for a couple of bucks.

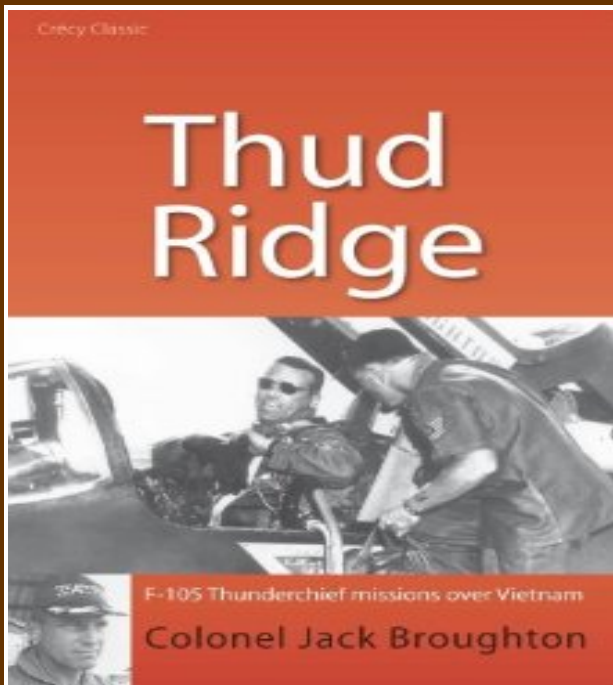
The author, Jack Broughton, was a senior pilot with the 355th Tactical Fighter Wing based at Takhli, Thailand, during the Vietnam War. The book is a collection of his first-hand accounts of strike missions over North Vietnam in the late 1960s. The book's title refers to a prominent land feature northwest of Hanoi, which the F-105 Thunderchief (a.k.a. "Thud") pilots used both as a navigational aid and as a screen against air defenses during their approaches to the area.

Considering it was published in 1969 when the war was still raging, one thing that makes the book unique is Broughton's harsh criticism of military and political leadership during the war. He pulls no punches in denigrating the policies and rules of engagement he perceived as endangering the lives of his pilots while essentially aiding the enemy. "Thud Ridge" was written during a period when Broughton was being court-martialed (later exonerated) for allegedly violating some of these rules, so there is a pervasive sense of cynicism and bitterness throughout the book. Nonetheless, the story is still very powerful and very exciting.

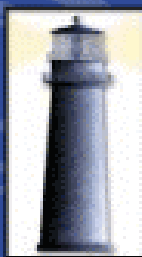
Another unique feature of this book is that much of the in-flight dialogue is a word-for-word account of actual conversations, recorded on tiny micro cassette recorders which many of the pilots bought and plugged into their communications systems. Broughton recounts each mission in vivid detail, allowing the reader to ride along in the cockpit and experience the full range of emotions on each sortie. You get a real sense of his frustration, for example, reading about a failed attempt at rescuing a downed pilot. Just when everything starts to come together, the whole effort unravels right before your eyes, and you're helpless to do anything about it. Sadly, many of the stories ended in tragedy. At some point, you start to realize that every time a new person is introduced in the narrative, said person will most likely be lost in combat before the end of the chapter.

One of the things that amazed me while reading this book was how these brave men willingly flew into one of the most heavily defended areas in history, with the cards basically stacked against them, flying an airplane designed in a different era for an entirely different mission, knowing full well they might not come back... and then eagerly doing it all again the next day. Broughton and his fellow pilots paved the way for modern strike tactics. If not for the painful lessons they endured in the skies over North Vietnam, the current generation would have to learn them 40 years later in the skies over Baghdad and Afghanistan.

Another thing that I realized while reading this book was how easy it was for a pilot to bail out over the jungles of North Vietnam and simply vanish from existence. To this day, the fate of many Americans who were lost "up north" is uncertain, and the truth for many may never be known. This Memorial Day, take a moment to reflect on those who never came back, and the fate of those still listed as "missing in action." Do yourself a favor and read "Thud Ridge," or any other combat memoir – it will give you a greater appreciation for our military history and our combat veterans. ❖



The Fleet & Family Support Center



FLEET AND FAMILY SUPPORT QUARTERLY CLASS SCHEDULE

BASE CLINICIAN (MR. CHARLIE GREGG)

CLASSES WILL BE HELD IN BLDG 401 (WELCOME CENTER)

NOTE: ALL CLINICIAN'S CLASSES WILL BE HELD ON TUESDAYS!!!

(APRIL 5TH, MAY 3RD, JUNE 7TH)	ANGER MANAGEMENT	1300-1400
(APRIL 12TH, MAY 10TH, JUNE 14TH)	STRESS MANAGEMENT	1300-1400
(APRIL 19TH, MAY 17TH, JUNE 21ST)	EFFECTIVE COMMUNICATIONS	1300-1400
(APRIL 26TH, MAY 24TH, JUNE 28TH)	HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1300-1400

FLEET AND FAMILY (MRS. PAT BRAXTON)

CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)

NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON THURSDAYS!!!

(APRIL 7TH, MAY 5TH, JUNE 2ND)	PREGNANCY RESOURCES PREPARING FOR AN OVERSEAS TOUR	1300-1400 1400-1500
(APRIL 14TH, MAY 12TH, JUNE 9TH)	RESUME WRITING WINNING INTERVIEW TECHNIQUES	1300-1400 1400-1500
(APRIL 21ST, MAY 19TH, JUNE 16TH)	GOAL SETTING ASSISTANCE WITH HOME PORT CHANGES	1300-1400 1400-1500
(APRIL 28TH, MAY 26TH, JUNE 23RD)	BUDGET CLASSES	1300-1400

April's Poll Results

By: PSSN Meráz, Marques L.

The Sandpaper would like to thank everyone who participated in this month's poll question. This poll, a question about how you would spend a \$60K grant, received the most participation to date. Of the many responses, there are two themes that were mentioned the most:

- 1) Facilities- Most people at NAF would want to see money going into new facilities including fitness, recreation, and renovation of already existing facilities. One respondent said, "I would suggest that the money be used for remodeling old facilities (i.e. the theatre, 214, firehouse)." Another stated, "Upgrading the current softball fields. New lights. Bases. Etc."
- 2) Give it directly to the Sailors!!- The amount of responses that said this came as a surprise to me. One person said, "I would say it be spent on them and their families. They sacrifice a lot and that is the least that can be done. Let them have it and do something with their families.", while another person said, "Free tank of gas for sailors beginning their first day of leave." ❖

1. Rank/Rate			
Civilian		18	45%
Seaman/Airman		3	8%
Petty Officer		14	35%
Khakis		5	12%
Total		40	100%



RECENT EVENTS

IN THE
PEARL OF THE DESERT

EARTH DAY ARTWORK



Mireya Granados, Alexis Christensen, Yuritzi Crawford and Grace Leetch

CYP Supporting Earth Day

In celebrating Earth Day 2011 the School Age Care (SAC) Program partnered with Environmental to plant trees. Four trees were planted at the Blue Angel Park, near the main entrance. The children were very excited to help, and to be able to "give more oxygen to our earth" said kindergartner Jacobo Corbatonarias.

On Wednesday 20, April the CYP programmed partnered with Kimberly Lineses from the Environmental Department to celebrate Earth Day 2011. Each of the age group completed an art activity recognizing the importance of saving the Earth and used our environment to complete some of the projects. Activities varied from using flower petals, branches and leaves to make art. Some of the older children created drawings emphasizing the importance of recycling and how we can reuse items. ❖



Cole Erro, Azaleah Gastelum, Alexandra Rubalcaba, Jacobo Corbatonarias



Carlos Lopez, Conor Dee, Julia Olague and Estevan

MAY SANDPAPER POLL:

http://www.zoomerang.com/Survey/WE_B22CB79NQ42Q/

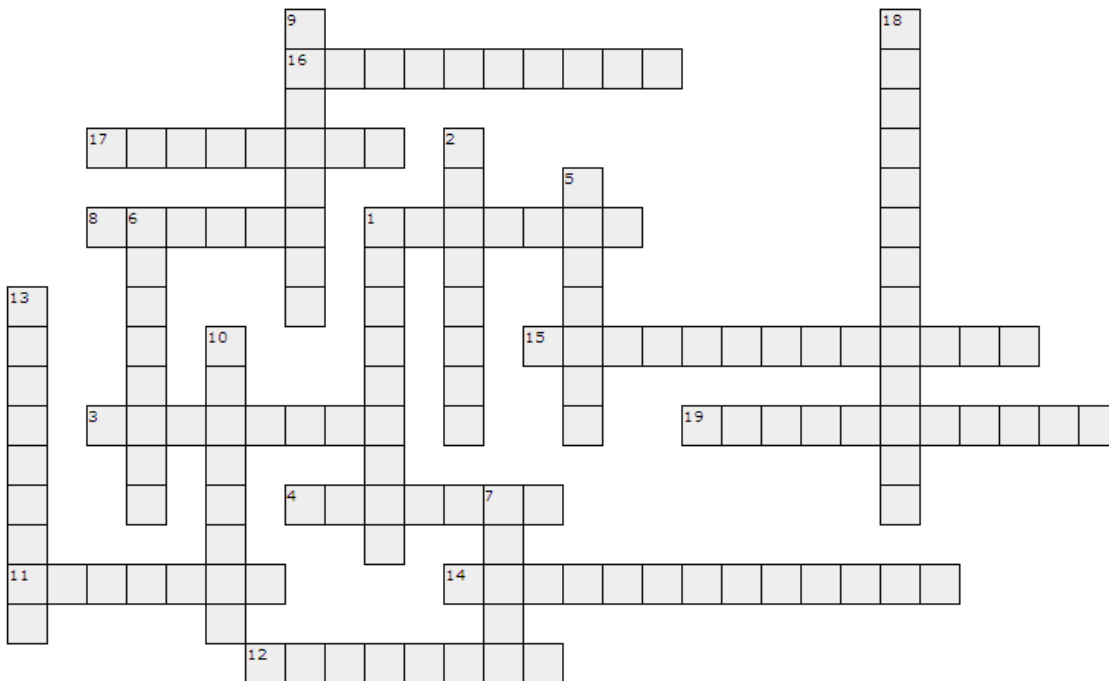
SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

May, a Month for Memories

Another easy puzzle commemorating heros, horrors, and special firsts



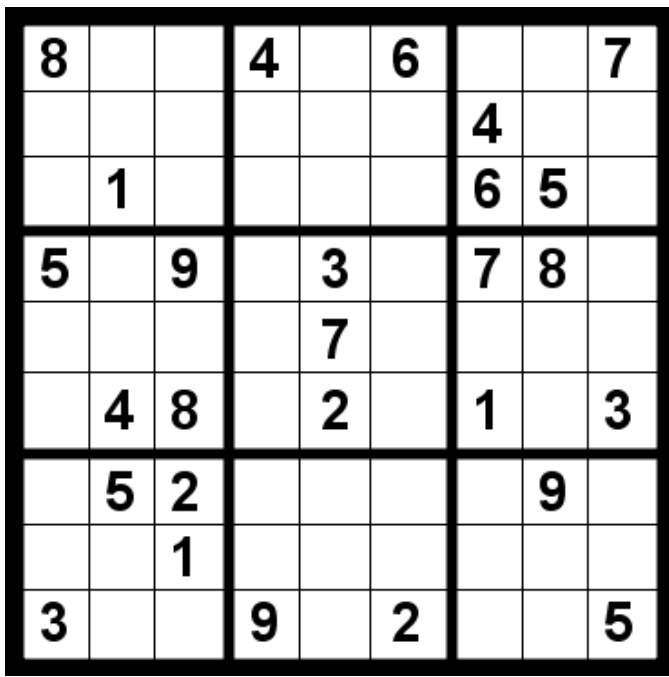
Across:

1. May 1922, the penny President memorial dedicated
3. Pacific Island battle May 8, 1942 or CV-43
4. These immigrants mostly built the Transcontinental Railway
8. She gets her own special day and a Mirage Club buffet
11. 1st American into space
12. In WW2 the 442nd Regimental Combat Team was composed from sons of these immigrants
14. May 11, 1969 this epic battle began w/o Eastwood
15. 31 Asian/Pacific Islanders won this highest award
16. Not a blimp, crashed May 1937 in New Jersey
17. Ironclad scuttled by Rebels May 11, 1862
19. Not a fifth of Mayonnaise

Down:

2. This Derby is the 1st leg of the Triple Crown
1. Germans torpedoed this ship, lead to the USA in WW1
5. April showers brought these May things
6. Banner for Freedom and Democracy
7. The Navy's Supermen, especially Team 6
9. Native of Guam
10. May the Fourth Be with you, get it on Blu-Ray
13. The Genocide in Germany
18. This was the original Memorial Day name

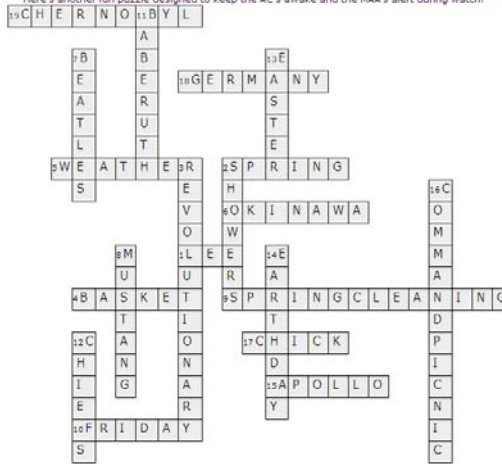
SUDOKU



APR SOLUTION

SPRING IS IN THE AIR KEY

Here's another fun puzzle designed to keep the AC's awake and the MAA's alert during watch!



Across:

1. He surrendered on April 9th, 1865 at Appomattox (LEE)
4. Easter eggs go in here (BASKET)
5. In 1950 the USA launched the first of this type of satellite (WEATHER)
6. This island was invaded in 1945 (OKINAWA)
7. A season or a piece of lightly cooled metal (SPRING)
9. It's a seasonal field day, get rid of the junk (SPRINGCLEANING)
10. This is a GOOD day (FRIDAY)
15. The 12th mission, Tom Hanks really wasn't there (APOLLO)
17. Fuzzy baby bird (CHICK)
18. The USA declared war on this country in 1917 (GERMANY)
19. The world's worst nuclear accident occurred here in 1986 (CHERNOBYL)

Down:

2. They bring May flowers (SHOWERS)
3. This war began with the battles of Lexington & Concord, 1775 (REVOLUTIONARY)
7. This group released their second album, the 1st in the USA (BEATLES)
8. April 17, 1964 Ford unveiled this cool car, not the LDD (MUSTANG)
11. April 8, 1974 Hank Aaron broke who's record with HR # 715 (BAGERUTH)
12. They celebrate their birthday on 1 APRIL (CHIEFS)
13. It's not about the bunny (EASTER)
14. Celebrate a clean planet (EARTHDAY)
16. It's on April 21, and Skoppor says have fun (COMMANDPICNIC)

MAY 2011

NAF EL CENTRO

Wine Tasting

plus a
LIVE performance
by the
Chicago Honey Bears



Thursday, May 12
1800-2100

\$25 per person

Enjoy a night filled with wine, hors d'oeuvres
and great performance!

Mirage Club 760-339-2319

MWR OUTLOOK



Mother's Day Brunch

at the Mirage Club
Sunday, May 8

1030-1300

\$12.95 Adults,

\$7.95 Child (4-10 years)

Menu: baked ham, steamship round of beef,
smoked bacon, sausage patties, scrambled
eggs, biscuits & country gravy, French toast
with syrup, fresh fruit bar, salad bar and
dessert bar.

Call the Mirage Club at
760-339-2319 to make your
reservations today!



FOOD

Mirage Club

Bldg. 227 • 760-339-2996

Lunch:

Monday-Friday 1100-1300

Dinner:

Monday-Thursday 1700-2000

Lunch Buffet: \$8.25
(includes your choice of soup
or salad)

Soup \$2.50, Salad \$4.50,
Soup & Salad \$5.50

CHEF'S WEEKLY SPECIAL May 2-6

Special Quesadilla \$5.25

Monday, May 2

Salisbury Steak

Tuesday, May 3

Pasta Bar

Wednesday, May 4

Build-Your-Own Burger

Thursday, May 5

Carne Asada

Friday, May 6

Fish & Shrimp

CHEF'S WEEKLY SPECIAL May 9-13

Tacos Al Pastor \$5.95

Monday, May 9

Beef Tips

Tuesday, May 10

Lasagna

Wednesday, May 11

Roast Pork

Thursday, May 12

Enchilada

Friday, May 13

Fish & Shrimp

CHEF'S WEEKLY SPECIAL May 16-20

Carne Asada Nachos \$5.50

Monday, May 16

Country Fried Steak

Tuesday, May 17

Pot Roast

Wednesday, May 18

Meatloaf

Thursday, May 19

Carne Asada

Friday, May 20

Fish & Shrimp

CHEF'S WEEKLY SPECIAL May 23-27

Chicken Cordon Bleu \$5.95

Monday, May 23

Roast Chicken

Tuesday, May 24

Beef Brisket

Wednesday, May 25

Chicken Pot Pie

Thursday, May 26

Prime Rib \$9.95

Friday, May 27

Fish & Shrimp

CHEF'S WEEKLY SPECIAL May 30-June 3

Shrimp Cocktail \$5.95

Monday, May 30

Memorial Day ~ Closed

Tuesday, May 31

Fried Chicken

Cinco de Mayo Celebration

at the Sun Downer Club

Wednesday, May 4

2000-0200

Corona bucket specials,
FREE chips and salsa,
plus SO much more!

Sun Downer Club
Bldg. 227
760-339-2319



LIBERTY

Bldg. 202 • 760-339-2559

LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY

Monday-Friday
0700-2100

Saturday-Sunday
1100-2100

Holidays
1200-1800

Every Tuesday

Karaoke Tuesdays

All-hands are invited to "Wow" the crowd!

Time: 2000 • Location: Sun Downer Club

Monday, May 2

Moon Dance Monday

Stop by your Liberty Center to show off your dancing skills. Impress the staff and win a prize!

Time: 1100-1300

Thursday, May 5

Movies at the Liberty Center

Check out our new movies, and enjoy FREE popcorn!

Time: 1630

Wednesday, May 11

Hot Wings Hump Day

Your Liberty Center is giving away FREE hot wings to help you get through the rest of the week. Hurry in before they fly away!

Time: 1600

Thursday, May 12

Ping Pong Tourney

Stop by your Liberty Center to show off your skills.

Time: 1700

Saturday, May 14

Dana Wharf Fishing Trip

Let's go deep sea fishing! Purchase your fishing voucher from the MWR Ticket Office.

Van leaves from the Liberty Center at 0800. Sign up by May 10.

Thursday, May 19

Happy Birthday to You

Celebrate those with a May birthday at the Liberty Center. FREE piece of cake, while supplies last.

Time: 1100



*Events held at the
Liberty Center unless
otherwise stated.*

Friday, May 20

Water Balloon Competition

Cool off with a water balloon competition of massive proportions!

Time: 1700

Tuesday, May 24

Iced Tea Tuesday

Stop by Liberty for a FREE cup of refreshing iced tea.

Time: All Day

Wednesday, May 25

Twinkie Day

A FREE Twinkie is waiting for you, while supplies last!

Time: 1100

Friday, May 27

Pool 'N Pizza Friday

Stop by the Small Pool for a slice and a swim. Better hurry, yummy pizza goes quick!

Time: 1700

Monday, May 30

Memorial Day

We're open holiday hours today, 1200-1800. Happy Memorial Day!



LIBERTY PROGRAM IS FOR
ACTIVE DUTY ONLY

SUPPORT

Fleet & Family Support Center (FFSC)

Bldg. 214, Room 127
760-339-2442
cell: 760-677-9310
0730-1600

Tuesday, May 3
Anger Management
1300-1400

Thursday, May 5
Pregnancy Resources
1300-1400
Preparing for an Overseas Tour
1400-1500

Tuesday, May 10
Stress Management
1300-1400

Thursday, May 12
Resume Writing
1300-1400
Winning Interview Techniques
1400-1500

Tuesday, May 17
Effective Communications
1300-1400

Thursday, May 19
Goal Setting
1300-1400
Assistance with Homeport Changes
1400-1500

Tuesday, May 24
How to Resolve Conflict in the Workplace
1300-1400

Thursday, May 26
Budget Class
1300-1400

Tuesday classes hosted by Mr. Charlie Gregg, Base Clinician, in the Welcome Center, Bldg. 401

Thursday classes hosted by Mrs. Pat Braxton, Fleet & Family Support Center Site Manager, in the Fleet & Family Office, Bldg 214



FITNESS

Navy Fitness Center

Bldg. 327 • 760-339-2488

Monday-Friday
0500-2100

Saturday-Sunday
0800-1700

Holidays
0600-1430



Sunday, May 1
No classes

Monday, May 2
1130-1230 Spin
1600-1700 Spin
1700-1800 Plyometrics

Tuesday, May 3
1130-1230 Combo
1600-1700 Circuit Training
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Wednesday, May 4
1130-1230 Spin 'N Run
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Thursday, May 5
1130-1230 Circuit Training
1600-1700 Body Sculpting
1700-1800 Spin 'N Run
1800-1830 Abs Kicking

Friday, May 6
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Abs
1700-1800 Pilates

Saturday, May 7
0830-0930 Pilates
1100-1200 Spin

Sunday, May 8
No classes

Monday, May 9
1130-1230 Spin
1600-1700 Spin 'N Strength
1700-1800 Step 'N Tone

Tuesday, May 10
1130-1230 Combo
1600-1700 Body Sculpting
1700-1800 Medicine Ball
1800-1830 Abs Kicking
America's Kids Run ~ 1530

Wednesday, May 11
1130-1230 Spin 'N Run
1600-1700 Spin 'N Abs
1700-1800 Step 'N Tone

Thursday, May 12
1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 Body Sculpting
1800-1830 Abs Kicking

Friday, May 13
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Tone
1700-1800 Pilates

Saturday, May 14
No classes

Sunday, May 15
No classes

Monday, May 16
1130-1230 Spin
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Tuesday, May 17
1130-1230 Combo
1600-1700 Body Sculpting
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Wednesday, May 18
1130-1230 Spin 'N Run
1600-1700 Spin 'N Run
1700-1800 Plyometrics

Thursday, May 19
1130-1230 Circuit Training
1600-1700 Circuit Training
1700-1800 Spin 'N Run
1800-1830 Abs Kicking

Friday, May 20
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Tone
1700-1800 Pilates

Saturday, May 21
0830-0930 Circuit Training
1100-1200 Spin

Sunday, May 22
No classes

Monday, May 23
1130-1230 Spin
1600-1700 Spin 'N Run
1700-1800 Step 'N Tone

Tuesday, May 24
1130-1230 Combo
1600-1700 Circuit Training
1700-1800 Body Sculpting
1800-1830 Abs Kicking

Wednesday, May 25
1130-1230 Spin 'N Run
1600-1700 Spin 'N Abs
1700-1800 Plyometrics

Thursday, May 26
1130-1230 Circuit Training
1600-1700 Body Sculpting
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

Friday, May 27
1130-1230 Spin 'N Strength
1600-1700 Spin 'N Run
1700-1800 Pilates

Saturday, May 28
No classes

Sunday, May 29
No classes

Monday, May 30
Memorial Day
Holiday Hours ~ 0600-1430

Tuesday, May 31
1130-1230 Combo
1600-1700 Spin 'N Abs
1700-1800 Step 'N Tone
1800-1830 Abs Kicking

AMERICA'S KIDS RUN

Tuesday, May 10
FREE!
Registration: 1430-1530
Run Begins: 1530



Registration and Run take place inside the Sports Center, Bldg. 327. For more info call 760-339-2488.



ADVENTURE

Outdoor Adventure

Bldg. 318 • 760-339-2486
Monday-Friday
0800-1630

MAY RENTAL SPECIAL

**Bounce House Weekend Party Package!
Only \$100**

1, 12'x12' Bounce House
2, 8' Tables • 20 Chairs • 1, 48 qt Ice Chest
(Open to base residents only)



AQUATICS

Small Pool

Bldg. 239 • 760-339-2582
Mon-Fri: 1000-1900

Large Pool

Bldg. 374 • 760-339-2487/2627

NOW OPEN WEEKENDS

Sat & Sun: 1200-1900

Water Aerobics

A great full-body, low-impact workout!
Tuesdays and Thursdays 1000-1045
FREE • At the Small Pool

Master Fit Class

Monday-Thursday 1100-1200
FREE at the Small Pool
Master Fit class is a workout inside and outside of the water! Class includes front crawl, side strokes, push-ups, squats, burpees, jumping jacks, and more. Can't make it at 1100? The day's workout will be posted, so you can stop by during normal hours of operation and complete at a time that works for you. For more details stop by the Small Pool or call 760-339-2627.



YOUTH

Child and Youth Programs (CYP)

Bldg. 3400 • 760-339-2560

Teen Movie Night

Friday, May 20 • 1800-2200

All teenagers are invited to come, kick back and relax at your Teen Center, Bldg. 3400. We'll have games, refreshments and a FREE movie!

4-H

Every Tuesday • 1600

4-Hers engage in hands-on learning activities in the areas of science, citizenship and healthy living. Program is open to grades K-12th. Stop by CYP, Bldg. 3400, this Tuesday to check it out!